



## Rosemary

Rosemary is an herb in the mint family. It is a small evergreen shrub that is native to the Mediterranean and is produced all over the world. Rosemary's aromatic taste blends well with garlic and thyme to season lamb roasts, meat stews and marinades. Rosemary also livens up fish and poultry dishes, tomato sauces and vegetables. Dress fresh cooked red potatoes or peas or a mixture of zucchini and yellow squash. Rosemary has a tea like fragrance and a piney flavor. Crush the leaves by hand or with a mortar and pestle before using.